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**Are Moose finding their groove?**

Halifax hosts Cape Breton Tuesday night after impressive weekend results **PAGE 20**

**'FUTURE'S QUITE BRIGHT'**

HRM MAYOR LAUDS MCNEIL VICTORY, OUTLINES HOW THE TWO WILL WORK TOGETHER **PAGE 3**

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**WEEKDAY MORNINGS 7:40**

# Cops rule death near park a homicide



A Halifax Regional Police cruiser blocks off the entrance to Africville Road from Barrington Street on Monday afternoon after a man's body was found in a nearby ditch. PHILIP CROUCHER/METRO

**Thanksgiving weekend.** Man's body found in ditch on Africville Road; police identify victim

**PHILIP CROUCHER**  
philip.croucher@metronews.ca

Major crime investigators in Halifax are dealing with a homicide after a man's body was found near a popular north-end park on Thanksgiving Monday.

Police blocked Africville Road around noon and asked users of the playground and off-leash dog park to leave while officers and K9 units scoured the area.

"Around 12:09 p.m., a woman was walking in the area of Africville Road ... she noticed a body in the ditch," said Halifax Regional Police spokesperson Theresa Rath.

"She went down, checked for a pulse, couldn't find one and then flagged down a vehicle to contact police."

Patrol officers located

the body of a man about halfway between the replica church and container terminal.

By early afternoon, police vehicles, personnel and police tape could be seen at the site.

Police immediately treated the death as suspicious, and late Monday evening confirmed it was a homicide.

The victim has been identified as 24-year-old Matthew Thomas Sudds of Halifax. His body was removed from the scene at 6 p.m. and an autopsy was underway Monday night to determine

the cause of death.

"We are trying to piece together when he died and whether he was killed there or if his body was put there," Rath said.

Investigators have spoken with the victim's family, who last saw him on the night of Oct. 10.

Police are asking anyone who happened to see Sudds that night, or who noticed suspicious activity in the area of Africville Road the past few days, to contact them at 490-5020.

Sudds is no stranger to police. In 2012, he was on the Halifax police's High Risk Enforcement Action Team (HEAT) outstanding-warrant list for assault and failure to comply with conditions.

A year earlier, he was one of four people reportedly charged with cocaine trafficking after a search took place at a Dartmouth residence.

"We will explore all the possibilities," Rath said about the victim's criminal past and whether it played a role in his death.

**WITH FILES FROM RUTH DAVENPORT/METRO**

## Africville area

The investigation is underway.

- Both Africville Park and Africville Road are now closed indefinitely as officers hold the scene.
- Investigators are expected back on site Tuesday morning to scour the area for evidence.

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Stephen McNeil

## McVicar named chief of staff

Nova Scotia premier-designate Stephen McNeil has appointed his chief of staff.

Kirby McVicar has been the chief of staff for the Liberal caucus office since 2011.

McNeil says McVicar has played a major role in moving the party from the official Opposition into government. "His experience and skills are well-suited for (the) important task of delivering on the mandate Nova Scotians have given us," McNeil says in a statement.

McVicar was previously director of national operations at Eastlink Cable Systems and is a longtime party volunteer.

THE CANADIAN PRESS

Regional co-operation

## Atlantic mayors to meet in Sydney

Mayors from across Atlantic Canada will gather in Sydney beginning Wednesday to discuss issues facing municipalities in the four eastern provinces.

The three-day Atlantic Mayors' Congress, a regional lobby group for municipalities, is expecting to see 20 mayors attend the conference in the Cape Breton Regional Municipality for the first time.

CBRM Mayor Cecil Clarke said opportunities for regional co-operation would be explored at the conference. Both he and Halifax Mayor Mike Savage are expected to discuss how the two largest municipalities in Nova Scotia can co-operate on issues of joint importance. CAPE BRETON POST



HRM Mayor Mike Savage talks to the Halifax Chamber of Commerce earlier this year. Savage is expressing optimism after the Liberals won 33 of the 51 seats in the legislature in last week's election. JEFF HARPER/METRO FILE

# Savage on McNeil win: 'Good things will come'

## New majority government.

Mayor encouraged by message of partnership



RUTH DAVENPORT  
ruth.davenport@metronews.ca

The mayor of HRM says the "future is bright" for the municipality in the wake of the provincial Liberals' commanding victory in last week's election.

Mayor Mike Savage said he's looking forward to working with the leader of the new majority government on the issues of concern to HRM, including — but not limited to — infrastructure funding, public transit and changes to

Quoted

"When I see Stephen McNeil, I see a person of integrity, of great principle ... and I'm excited to work with him."

HRM Mayor Mike Savage

the municipality's charter.

"I look forward to working with Stephen (McNeil) and the talented people that he'll have in his government," said Savage. "I think that the future's quite bright."

McNeil was the only party leader to attend a Halifax regional council session on Oct. 1 to present his ideas involving HRM's role in the province's future.

Although Savage said he was pleased to hear a concrete promise of \$2 million in annual funding for Metro Transit over the next three years,



Premier-designate Stephen McNeil  
THE CANADIAN PRESS

he said it was the overarching theme of McNeil's comments that was most important.

"He wants to be a partner with our municipality and other municipalities so that we can move Nova Scotia forward together," said Savage, a former Liberal MP for the riding

of Dartmouth-Cole Harbour. "HRM's going to be a very key component in that."

During his address to council, McNeil alluded to the need for a transportation strategy focused on moving goods and services more rapidly through Burnside to the rural parts of the province.

He also discussed revisiting the memorandum of understanding with municipalities to lighten the burden of provincial responsibilities such as corrections, education and housing.

"Any legislation, any agreement between governments has to be focused on what does it do for the people," said Savage. "So having a look at those ... on a regular basis I think is very important. I took that as a very positive sign."

1 NEWS



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## New Glasgow. Stabbing victim upbeat, positive about recuperation

The roommate of a New Glasgow man who is paralyzed from the waist down after a weekend stabbing said he's being positive about the future as he recovers in a Halifax hospital.

Scott Jones, 27, was attacked early Saturday morning in New Glasgow by another man who stabbed him in the back, severing his spinal cord.

He's in critical but stable condition at the QEII, and a close friend said Monday that he's been upbeat during his recovery.

"He's always been very open and we talk about ... his fears and his hopes, and we've talked about both of those, but it's mostly all positive," said Amy Punke. "Nothing about revenge or hatred."

Shane Edward Matheson, 19, of Trenton, will appear

### Donations

A trust fund is being established for Jones, and donations can be made as of Tuesday morning via the website [supportscottjones.com](http://supportscottjones.com).



Scott Jones CONTRIBUTED

in Pictou provincial court on Tuesday facing charges of attempted murder, aggravated assault and possession of a weapon dangerous to the public.

RUTH DAVENPORT/METRO,  
WITH FILES FROM THE CANADIAN PRESS

## Extensive damage. Alleged impaired driver causes 4-vehicle crash

A 52-year-old Nova Scotia woman is facing impaired-driving charges after she allegedly crashed into three vehicles.

The New Glasgow Regional Police Service says officers were called to Temperance Street around 11:40 a.m. Sunday.

Police say an SUV was travelling west on Marsh Street when it turned north onto Temperance Street and started driving on the sidewalk on the opposite side of the road.

The SUV smashed into two

### Minor injuries

The suspect driver was taken to hospital with minor injuries and later released.

unoccupied parked vehicles and a third vehicle that tried to get out of the way.

Police say three of the four vehicles were extensively damaged in the crash, including the SUV. **THE CANADIAN PRESS**

### Glance Bay

## Man in hospital with serious injuries after two-vehicle crash

A young man is in hospital with serious injuries after a two-vehicle crash in Nova Scotia.

Cape Breton Regional Police say officers were called to Reserve Street in Glance Bay around 4 p.m. Sunday after a motorcycle and a vehicle collided.

The driver of the motorcycle, a 23-year-old man from Gardiner Mines, was taken to a nearby hospital and later taken to a hospital in Halifax.

**THE CANADIAN PRESS**

### Fairview Lawn Cemetery

## Gravesites for Titanic victims in Halifax cemetery to receive facelift

A Halifax cemetery that serves as the final resting place for 121 Titanic victims is getting some upgrades.

The Halifax Regional Municipality has issued tenders for the grave-stones at the Fairview Lawn Cemetery to be cleaned, the letters whitened and a pathway to be repaved.

There are 150 Titanic victims buried in three Halifax cemeteries.

**THE CANADIAN PRESS**



Premier Darrell Dexter addresses party supporters at the Lord Nelson Hotel in Halifax after Tuesday's election. ANDREW VAUGHAN/THE CANADIAN PRESS

# NDP faces long climb after defeat

## 'There's going to be lot of questions'

Darrell Dexter expected to speak this week

Nova Scotia's New Democrats face a long road to recovery and the possibility of an internal battle over their future direction following a bruising electoral defeat, party stalwarts say.

Barely four years after it ascended to the upper rungs of power, becoming the first NDP government east of Ontario, the party finds itself trying to understand what went wrong after it fell from a 31-seat majority to third-party status with

seven seats. Even Premier Darrell Dexter lost his own seat.

"There's going to be a lot of questions, vigorous debate, maybe even recriminations about the result," said Graham Steele, who served as the NDP's finance minister before quitting politics.

Steele said the situation facing the NDP is similar to the one that faced the provincial Liberals. That party lost power in 1999 and spent the 14 years since going through leadership changes to rebound to the 33-seat majority government it won last week.

"I think it took them many years to put together an accurate story of what went wrong," Steele said.

"I think the same journey is ahead for the NDP."

David Johnson, a political science professor at Cape Breton University, said the NDP's left wing and ruling moderates are likely to clash. But Johnson said the party can hang on to the fact it was second in the popular vote.

"In this terrible, terrible election, they still have a quarter of the electorate with them," he said. "That bodes well. It's still a

### The future

## Wisdom in choosing young leader?

One problem that emerged from the election was the party's failure to elect any new, young members to the legislature, said David Johnson, a political science professor at Cape Breton University.

Johnson believes the party would be wise to choose a younger leader for

what's likely to be a lengthy period of rebuilding.

The average age of the caucus is 55. The youngest member is 43-year-old Dave Wilson, the outgoing health minister.

Steele said trying to encourage young candidates to run again may be one area where he'll remain involved in politics.

"The work that's ahead of us is not to let them become discouraged by what happened on Tuesday night," he said. **THE CANADIAN PRESS**

good base to begin with."

But Howard Epstein, a former NDP member who didn't run again, said he will fight in an effort to shift the party's focus to investing in education and shoring up locally based businesses.

Epstein said he has already heard from party members who feel the NDP strayed from its roots.

"I anticipate a very serious struggle inside the party of

those who remain fans of Darrell's approach and those who think we mistakenly abandoned the NDP brand," Epstein said.

"I wouldn't think this is going to be settled quickly."

He said Dexter adopted a Conservative policy on tax and fighting deficits, accusing the premier of cosying up to big business through loans and subsidies.

**THE CANADIAN PRESS**

### Quoted



"I expect it to go on for quite some time, not just months, but years."

Graham Steele on debate about what happened to party in the election



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# Baby who was born in jail dies only weeks after first birthday

## Autopsy scheduled.

Julie Bilotta mourns the loss of her son Gionni, whom she was forced to give birth to in an Ottawa cell

Police in Cornwall, Ont., are investigating the sudden death of a one-year-old boy who was born on the floor of an Ottawa jail cell in September 2012.

In a statement on their website, police said they responded to a Cornwall home shortly after 5 a.m. Sunday for a 13-month-old child without vital signs. The boy was later pronounced dead in hospital.

On Sunday morning, the boy's mother, Julie Bilotta wrote on her Facebook page:

"How could this happen to us life will never be the same! We love you Gionni mommy will be with you soon."

Bilotta was in jail last year



Julie Bilotta, who gave birth in an Ottawa jail cell in September 2012, holds her son at the Elizabeth Fry Society of Ottawa on Oct. 18, 2012, after being granted bail in Cornwall. Cornwall police are now investigating the death of the one-year-old boy. JOE LOFARO/METRO FILE

facing drug trafficking and fraud charges in April. She was forced to give birth in a jail cell after guards allegedly ignored her pleas for help. The incident

sparked outrage among the public and some correctional and medical staff involved in the incident were disciplined.

An autopsy is scheduled in

the coming days.

"As is the provincial standard, such cases are automatically investigated by the Regional Coroner's Office, with the

assistance of the police, to attempt and determine the cause and manner of death," the police statement says.

Bilotta's lawyer, Lawrence

## On social media

Photos of baby Gionni eating birthday cake seem to indicate he was healthy enough for a party. But on Oct. 6, Bilotta wrote, "My poor baby was sick all night."

- In a followup reply, she said Gionni had been having breathing trouble so she took him to hospital.

- Condolences flowed on Facebook. Lisa Lynne Lauzon wrote, "He was so so beautiful Julie and you will forever carry him in your heart! I can't even imagine. I'm so sorry may god be with him; all your family at this time."

Greenspon, told Metro the boy had suffered respiratory problems "on and off," since birth.

SEAN MCKIBBON/METRO  
WITH FILES FROM JOE LOFARO

## New research

### Chemical linked to possible risk of miscarriages

New research suggests high levels of BPA, a chemical in many plastics and canned-food linings, might raise the risk of miscarriage in women. The work is not enough to prove a link, but it adds to "the biological plausibility" that BPA might affect fertility and other aspects of health, said Dr. Linda Giudice.

THE ASSOCIATED PRESS

## Asia

### Canada to give Laos \$1M to help with cluster bombs

Canada is planning to answer a plea by the South Asian country of Laos and restart funding to help it cope with its infestation of deadly cluster bombs, The Canadian Press has learned.

Foreign Affairs Minister John Baird is to announce a \$1-million contribution during a trip to Laos Tuesday.

THE CANADIAN PRESS



## Digital memories of hajj

A Muslim pilgrim poses for a picture on the Mountain of Mercy, near the holy city of Mecca, Saudi Arabia, on Monday. Around sunset, the pilgrims on hajj leave Mount Arafat and head eight kilometres to Muzdalifa, a desert plain where they collect pebbles. Those pebbles will be used in a symbolic stoning of the devil that begins Tuesday, marking the start of the three-day Eid al-Adha feast, celebrated by Muslims around the world. AMR NABIL/THE ASSOCIATED PRESS

# B.C. man thankful for help getting new trailer

It was a Thanksgiving Stephen Chalmers will never forget — neither the good nor the bad.

Chalmers suffers from multiple mental illnesses and fell into a deep depression after the power was accidentally cut a month ago to his home in the Beladean Trailer Park in Surrey, B.C.

He had accepted a buyout from the landlord to leave the property, but discovered afterward that he couldn't because his leaky 1989 trailer is too old and broken down to be accepted at most other trailer parks.

His sister, Marilyn Chase, doesn't have a computer or use the Internet, but with Metro's assistance, she started a \$5,000 fundraising campaign to buy her brother a used but newer trailer. By press time Monday, the campaign had raised \$4,660.

"As far as I can understand, it seems to be pretty successful, which is really amazing to me, all these people who don't know us from Adam are pitching in. It's wonderful," she said.



Stephen Chalmers METRO

"It means that I can sleep at night, because I know that my brother's not going to be stuck there forever and ever."

The search is now on for a trailer dealer or seller who is willing to offer a great deal on a used trailer for Chalmers — one that doesn't leak and has functioning propane and water hookups.

Chalmers said because of the campaign, he sees "a light at the end of the tunnel" that wasn't there before, but wanted to stress that there are still eight other tenants at the park

who are just as scared and confused about their future as he is.

"I'd like to thank everybody that's helping me, but I really need everybody to help them, too," he said through tears.

KATE WEBB/METRO IN VANCOUVER

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## \$5M Africa prize goes unclaimed

**Study.** Mo Ibrahim Foundation finds 32 countries have seen a decline in safety and the rule of law

Accountability on the African continent did not have a good 48 hours. On Sunday, the African Union said an international court should delay its trial of Kenya's president. And on Monday, the Mo Ibrahim Foundation declined to give its annual good governance award — and \$5-million US prize — to any former African leader, saying none had earned it.

A new study released by the foundation on Monday found that 32 countries on the continent have seen a decline in safety and the rule of law

### The Hague



Kenya's President Uhuru Kenyatta, front, is due in The Hague, Netherlands-based ICC next month, but there are growing indications that he will not go.

- Kenyatta and Deputy President William Ruto both face International Criminal Court charges for allegedly helping to orchestrate 2007-08 post-election violence.

- In a summit of African leaders on Sunday, the African Union said it would petition the UN Security Council to have Kenyatta's case deferred.

since the year 2000, as violence inside borders rises.

Mo Ibrahim, a British mobile phone magnate who was born in Sudan, said his foundation should not lower its standards in order to present

the award every year. Some of the more than 50 countries in Africa are still ruled by men who stay in office for decades. Others are accused of backing deadly wars or committing war crimes. **THE ASSOCIATED PRESS**

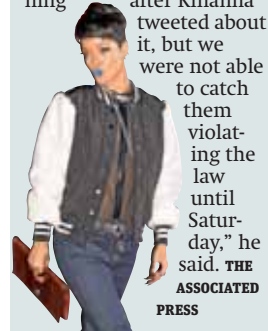
### Thailand

## Rihanna's tweets lead to arrest of bar owner

Thai authorities have arrested a bar owner in connection with a lewd sex show mentioned in racy tweets by pop star Rihanna during her recent trip to Thailand, officials said Monday, two weeks after an Instagram photo of Rihanna with a protected primate led to the arrest of two other men.

Officials on the island of Phuket, 680 kilometres south of Bangkok, said Monday the bar owner faced charges of obscenity and operating an entertainment venue without a permit. Local district chief Weera Kerdpirimongkon said the man was arrested Saturday as part of a crackdown on shows featuring naked dancers.

"Authorities found out about this bar the morning after Rihanna tweeted about it, but we were not able to catch them violating the law until Saturday," he said. **THE ASSOCIATED PRESS**



## Obama calls meeting to break deadlock

U.S. President Barack Obama helps bag sandwiches with furloughed federal workers volunteering at a Martha's Table kitchen in Washington, D.C. on Monday. Hopes grew Monday for heading off a U.S. government default and ending a partial government shutdown after optimistic predictions from the often antagonistic congressional leaders at the centre of the talks — Senate Majority Leader Harry Reid for the Democrats and Senate Republican leader Mitch McConnell for the Republicans. The two men met twice Monday, their sessions sandwiched around a White House announcement that Obama was calling them and the party leaders in the House for the second time in less than a week to discuss the economy-threatening crises. The meeting was postponed indefinitely to give the two lawmakers more time to work. **T.J. KIRKPATRICK-POOL/GETTY IMAGES**



# Help with becoming a citizen only a click away

## Citizenship Counts.

For immigrant youth who need assistance becoming Canadian, there's an app — and a website — for that

A website and mobile app will be launched Tuesday to help young immigrants learn the importance of getting their citizenships in light of tightening government rules.

The new national website, citizenshipcounts.ca, and its accompanying app explain the benefits of becoming a citizen, the application process, and provides preparation materials for the citizenship test.

More importantly, there is a myth-busting section that aims to dispel misinformation,

## Badge meaning good

The new website, funded by Citizenship and Immigration Canada, encourages immigrant youth to earn "badges" as they complete the educational tasks to help them keep track of their progress.

such as having to give up one's citizenship and passport from their home country, and how getting charged or convicted with a crime will affect a person's immigrant status.

In June, Ottawa passed a controversial new law in part to limit access to appeals by permanent residents with criminal convictions when faced with the revocations of their immigrant status.

TORSTAR NEWS SERVICE



## Helping Lesotho hear clearly

Nine-year-old Reabetsoe wears her hearing aid after attending an after-care session on Saturday in Maseru, Lesotho. Prince Harry's charity Sentebale and the Starkey Hearing Foundation teamed up to provide hearing aids for about 500 children, youth and adults of Lesotho, a land-locked mountainous South African kingdom.

CHRIS JACKSON/GETTY IMAGES

## Caribbean

### Antigua & Barbuda selling citizenships

The struggling country of Antigua & Barbuda has joined other Eastern Caribbean islands in selling citizenship to wealthy international investors, officials said Monday.

The twin-island nation started accepting applications last week for its citizenship-by-investment

program, which is closely modelled on the one offered by nearby St. Kitts & Nevis. The government hopes to generate roughly \$550 million over the next three years by attracting some 1,800 new citizens.

A foreigner can qualify for Antiguan citizenship with a \$250,000 donation or with a real estate investment of \$400,000. A business investment of \$1.5 million can also qualify.

THE ASSOCIATED PRESS

## Brazil

### Soccer violence erupts in Sao Paulo, Fortaleza

More fan violence hit Brazil over the weekend, with seats destroyed at a World Cup stadium in Fortaleza and dozens of supporters detained after clashes in Sao Paulo.

World Cup organizers said Monday that about 100

seats were destroyed at the Arena Castelao by Fortaleza fans upset with the team missing out on promotion to the second division. The stadium will host six matches in next year's World Cup.

Local media, citing police, said the number of damaged seats could be close to 3,000.

Police also confronted fan groups inside two other stadiums. No serious injuries were reported in the incidents.

THE ASSOCIATED PRESS

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## United Kingdom

## Another 'Kenya mall' terror attack averted, cops say

British law-enforcement agencies averted a plot to orchestrate a large-scale terror attack similar to the assault on Kenya's Westgate mall, an official said Monday.

Police were questioning four men in their 20s on suspicion of terrorism after they were detained Sunday in pre-planned,

intelligence-led raids.

The official said it was not clear how advanced the planning was but that any attack was not imminent.

Dramatic CCTV footage has emerged of one of the arrests, in which counter-terror police are seen tackling a suspect on the street in an upscale west London neighbourhood.

Elsewhere, police fired special ammunition — aimed at breaching doors or bursting tires — to stop a car near the Tower of London, and arrested two men. **THE ASSOCIATED PRESS**

## Kano, Nigeria. Men told to cover up those calves or face the consequences

Cutoff pants displaying your bulging calves? Sleeveless T-shirts showing off a well-muscled physique?

Forget it in Nigeria's northern Kano state, where Islamic police are deploying thousands of officers to arrest anyone sporting the "indecent dress" that's fashionable among young men driving motorized rickshaw taxis.

Police also have orders to

arrest any cabbie carrying men and women together in the confined space.

Officers have orders to stop and search to make sure everyone obeys — including Christians, according to Yusuf Yola, spokesman for the board that is responsible for ensuring compliance with Shariah laws in Kano.

Nine of Nigeria's 37 states have introduced Shariah law since 2000. **THE ASSOCIATED PRESS**



An unidentified man wears a sleeveless T-shirt and cutoff pants as he drives a rickshaw in Lagos, Nigeria. SUNDAY ALAMBA/THE ASSOCIATED PRESS



People detained by police line up for identity checks at a vegetable warehouse on the outskirts of Moscow on Monday. DENIS TYRIN/THE ASSOCIATED PRESS

## Workers hit by race riot, then cop raid

**Russia.** Warehouse had been the target of people seeking justice for stabbing death

Russian police on Monday swept through a vegetable warehouse, rounding up over 1,000 migrant workers, checking their documents and loading them onto vans to be investigated for criminal activity.

The raid came the day after demonstrators, angry over the stabbing death of an ethnic Russian man, descended on the warehouse where they be-

lieved the killer was working, throwing bottles and trash, smashing windows and turning over cars. Police detained hundreds of rioters.

Men who worked at the warehouse in Biryulyovo were marched outside. Dozens of people gathered at the market nearby to pledge their support to the rioters, venting their anger at the migrants from the predominantly Muslim Caucasus region, whom many Russians accuse of pushing up the crime rate and taking badly needed jobs.

Andrei Galiakberov, spokesman for the Moscow police, described the roundup as part of a "pre-emptive raid"

and said that some detainees are being investigated for possible criminal connections.

Police also said that they found a car full of cash and unlicensed arms.

Elvin Khassan, who moved from Azerbaijan to Biryulovo, faced off with an ethnic Russian man who was waving photos of the suspected killer in his face, shouting, "You are hiding one of your own! Hand him over!"

Most of those in the crowd said they supported the rioters, who they said could be relied on more than the police to protect the neighbourhood.

"They protected us; they are patriots," said Elvira Ab-

## Ethnic tension

Standoffs are becoming more common between ethnic Russians and natives of the Caucasus.

- Even though Caucasus natives are from the same country, they are required to register in order to live in Moscow and face regular discrimination.

losimova, a retiree. "They had a little riot ... and attracted attention (to the issue)."

**THE ASSOCIATED PRESS**

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# Canada looks to fill skilled labour gaps

**Touchy topic.** While employers recruit workers from Ireland, debate rages at home on how to fix the tradespeople shortage

The current shortage of skilled tradespeople in West-

ern Canada is so dire that the B.C. Construction Association is returning to Ireland this month to hire 600 people, said the group's vice-president.

In fact, even if one-in-five students graduating from high school in B.C. during the next three years were to pursue a trade, there still wouldn't be enough workers to fill shortages in the prov-

## Jingoism or reality?

**"There are British Columbians and Canadians that probably could do those jobs."**

Tom Sigurdson, executive director of the British Columbia and Yukon Territory Building and Construction Trades Council

in's construction industry,

said Abigail Fulton.

Not everybody agrees with the recruitment drive, especially the province's labour leaders, who argue employers can find skilled, unionized Canadian workers to fill immediate, vacant positions.

Yet a consensus is developing that there will be a shortage of skilled workers in the coming decade.

THE CANADIAN PRESS



Carpenter Daniel O'Sullivan, of Ireland, in Vancouver on Saturday. He came to Canada for work about four years ago. DARRYL DYCK/THE CANADIAN PRESS

## Expanding empire

**Facebook opening first office in Israel**

Facebook says it is acquiring an Israeli mobile technology startup and opening its first office in Israel.

Facebook said in a statement Monday that Israeli mobile utility application developer Onavo would help the social-media giant create better mobile products and help connect more people around the world to the Internet.

THE ASSOCIATED PRESS

## Open letter

**BlackBerry asks for loyalty amid restructuring**

BlackBerry is appealing to its customers to stay with the troubled smartphone maker as it restructures.

In an open letter released Monday afternoon on Twitter, BlackBerry tells its "customers, partners and fans" that they can continue to count on the Waterloo, Ont.-based company.

THE CANADIAN PRESS

## Call and response. HTC follows Apple's lead with new fingerprint sensor

At your neighbourhood coffee shop, you can order your beverage in small, medium or large. Now, you can do that with phones, too.

HTC Corp. is introducing a larger version of its popular HTC One phone, becoming the latest phone maker to offer its flagship device in three sizes — and, of course, three prices.

The new HTC One Max has

one feature unavailable on the smaller models: a fingerprint identification sensor similar to that on Apple's new iPhone 5S. It's an optional way to unlock a phone without using a four-digit passcode. Unlike Apple's version, however, the Max can be programmed to automatically open one of three favourite apps, depending on which finger is used. THE ASSOCIATED PRESS

## YOU'RE INVITED!

### Solid Waste Resources Strategy Review

Regional Council has requested a review of our solid waste system to identify options for increasing the efficiency and effectiveness of the system, while maintaining high standards of environmental and community protection.

We will be hosting a session in your community to talk about this important service. Please join us!

**Wednesday, October 16** from 7-9 pm

Cole Harbour Place, Multi-Purpose Room, 51 Forest Hills Parkway

**Thursday, October 17** from 7-9 pm

Bedford Hammonds Plains Community Centre, 200 Innovation Drive, Bedford

**Wednesday, October 23** from 7-9 pm

Lake and Shore Community Recreation Centre, 40 Inspiration Drive, Porter's Lake

**Thursday, October 24** from 7-9 pm

Halifax Forum, Maritime Hall, 6209 Almon Street

More sessions will be held in additional communities throughout HRM in October. If you are unable to attend a meeting, join the conversation online at [shapeyourcityhalifax.ca](http://shapeyourcityhalifax.ca)

**TOP SIX @ 6** Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 Hedley Anything
- 5 Macklemore & Ryan Lewis White Walls
- 4 Drake Hold On, We're Going Home
- 3 Lorde Royals
- 2 Katy Perry Roar
- 1 Miley Cyrus Wrecking Ball

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# THE CHEEKY SIDE OF SCIENCE

This week I learned something that is going to radically change the way you pose for photos. Are you ready for it? Make sure to work your angles ladies and gentlemen because the left side of your face is actually more attractive than the right.

While each one of us believes that we're a unique snowflake with different flattering (or not so flattering) facial features, research shows that we actually all look our best from a specific angle. A 2012 study published in the *Experimental Brain Research* science journal found that men and women perceive and rate the left side of the face to be more pleasant and visually appealing than the right. Now before you develop a complex about your hideous right cheek, I'll let you in on the science behind this quirky fact.



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

The left side of the face is more emotive, which means we express our emotions more intensely on the left compared to the right. Researchers argue that this facial asymmetry is theoretically the result of a left brain/right brain divide. The right side of the brain regulates our emotional thought and expression; and since each hemisphere controls the opposite side of the body, our emotions register more powerfully on one half of our face.

Still with me?

Essentially, the emotional right brain causes the left side of your face to appear more easy-to-read and consequently, more attractive. Unless of course that powerful emotion leaves you with a furrowed brow and red eyes while sobbing, in which case you better hope no one is sitting to your left.

If you've ever sat for a graduation portrait or a professional headshot you'll recall the painful process of tilting your chin ever so slightly up and to the right, to achieve the most photogenic angle. And a quick survey of Instagram photos reveals that even the most casual snap-happy users have caught on to our preference for left-sided selfies.

Even before the days of smartphone cameras (or any type of cameras for that matter) artists preferred to paint portraits this way as subjects who were painted in left-cheek poses were perceived to be more open and creative and yes, more beautiful. The famous Mona Lisa of course has her best cheek forward.

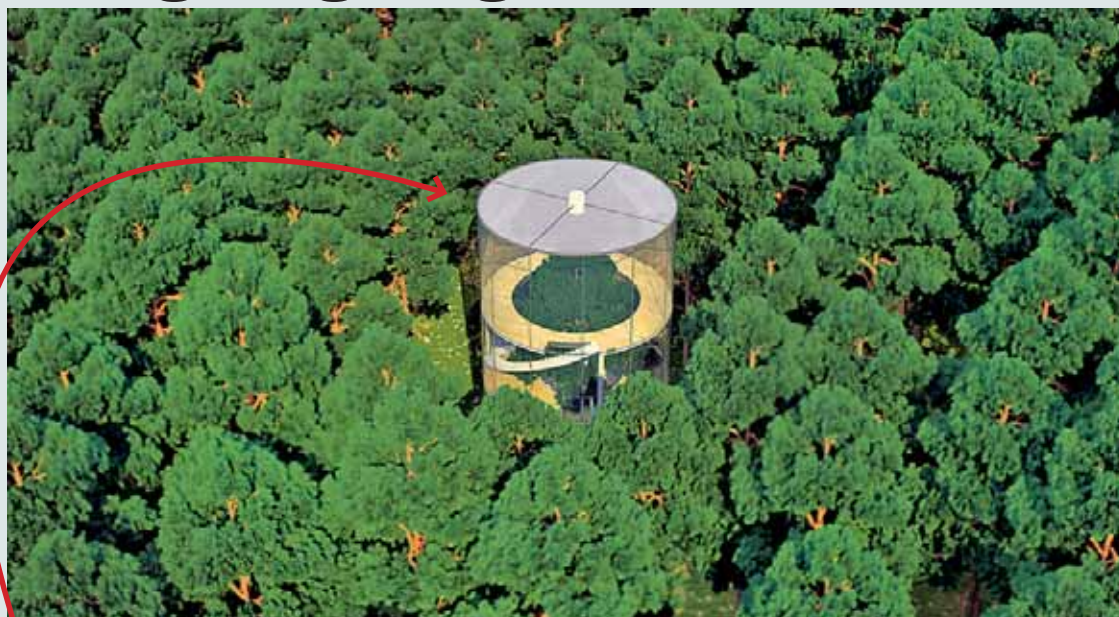
So next time you find yourself in front of a camera and insist that you be photographed from your "good side," you'll actually have some science to back up those high-maintenance demands.



Follow Jessica Napier on  
Twitter @MetroSheSays

## ZOOM

### I'm going to go out on a limb



COURTESY A.MASOW DESIGN STUDIO

#### New way to climb a tree invented

The Tree in a House design provides the ultimate retreat from the hustle and bustle of city life.

"We were approached by a client who wanted a place to meditate and relax on the weekend," says designer Aibek Almasov of A.Masow Design Studio. He continues: "the cylindrical shape provides relaxing, 360-degree panoramic views." **METRO**

#### Four-storey glass house a sanctuary

The four-storey sanctuary in Almaty, Kazakhstan — prefabricated in a factory and delivered to the forest floor — will be constructed from glass and metal, with plasterboard inner dividing walls and wooden flooring. Indeed, living here is far from getting back to basics with the 'tree house' boasting a kitchen, bio toilet and even a shutter, should you want to keep any peeking critters at bay. **METRO**



Can't see the house through the trees. COURTESY A.MASOW DESIGN STUDIO

#### Cost

**\$381,000**

is the cost of the project.

#### Height

**12.7 m**

or 42 feet, is the height of the building.

#### Worth Mentioning

#### Insect's last supper discovered ... 46 million years later

In a steamy tropical forest 46 million years ago, a prehistoric mosquito bit a critter, drew blood and was blown into a lake in what is now the northwestern state of Montana. Belly full, she died and sank.

Flash forward to the present. Researchers found the minuscule female insect fossilized in a paper-thin piece of shale — which had sat in someone's basement for 25 to 30 years with other rocks — and concluded it still contains its last supper. A study in the *Proceedings of the National Academy of Science* reports a first for biology: A blood meal found intact in a fossil.

While the scenario sounds eerily similar to the Michael Crichton book and movie *Jurassic Park*, no new



This insect drew blood in its last meal, was blown into a lake, belly still full. THE ASSOCIATED PRESS

T. rexes will result.

Unfortunately for would-be dinosaur cloners, the mosquito flew long after dinosaurs went extinct, and its meal was probably blood from a dino descendant, a bird.

Scientists have long thought that DNA from other critters couldn't survive in insect fossils, said the study's lead author. So this is more of a look-what-we-found, that starts out like early chapters of the sci-fi thriller.

THE ASSOCIATED PRESS

#### Twitter

**@metropicks asked:** Google wants to attach your name, photo and product review to ads. Is this intrusive or innocuous?

**@theaveragetwit:** Will this be my big break at becoming a model? #google

**@ShonaLiz:** I already opted out. Same reason I quit facebook — too intrusive and too much work to always check to opt out

**@cynthiabrigg:** As a blogger ALWAYS looking for exposure, I love this idea! But I appreciate that it can be opted out of, too.

**@MA6hp:** If google wants to use my name in an ad, they should have to pay me.

**@MariapiaW:** Beyond intrusive for me. Glad I was never really active on it.

**Follow @metropicks and take part in our daily poll.**

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)



DVD review



Pacific Rim

**Director.** Guillermo del Toro

**Stars.** Idris Elba, Charlie Hunnam, Rinko Kikuchi

Getting in touch with your inner 12-year-old, as Guillermo del Toro sincerely hopes you will via this robots versus monsters mash-up, has never been this big, loud or awesome.

Even if you smirk at the plot conceit of mind-linked humans inside skyscraping robots fighting blockbuster sea beasts, the technical prowess on display can't help but impress.

In mounting this tribute to the Japanese movie monsters he has adored since childhood — dino-sized Godzilla, of course, but also the likes of multi-headed Ghidorah, spiky Rodan and winged Mothra — del Toro and his team have laboured to make a complete sensory experience.

Through the welcome presence of Rinko Kikuchi, del Toro has also taken pains to put an intelligent and resourceful woman into his testosterone-rich scenario.

Robots, monsters and gender equality, too? Pacific Rim is more than just a blockheaded blockbuster. Extras include a commentary by del Toro, deleted scenes and making-of featurettes.

PETER HOWELL

# Fifty Shades of speculation

Charming. Powerful. Controlling. Fit. Who will take over the role of Christian Grey, now that Sons of Anarchy star Charlie Hunnam has quit Fifty Shades due to “scheduling difficulties”? The moviemakers, including author E.L. James, have the benefit of being able to look to social media for suggestions.

And the leading favourites are:

METRO WORLD NEWS

## Alexander Skarsgard

The True Blood star has the right look, what with his sexy vampire eyes. Says Kerry Gooderson on Twitter: “Haven’t even read Fifty Shades but if Alexander Skarsgard was in it I might be persuaded to see it!”



## Ian Somerhalder

Another bloodsucker, this time from Vampire Diaries. Says Monique Black on Twitter: “Please please please pick Ian Somerhalder to replace Charlie Hunnam in 50 Shades Of Grey movie!! #happygirl-severy-where”



## Matt Bomer

The openly gay star of White Collar gets a vote, too. Says Ashleigh on Twitter: “sorry but literally THE only thing that would make me remotely interested in the 50 Shades film would be Matt Bomer”



## Taylor Kinney

Lady Gaga’s boyfriend stars on Chicago Fire. Says Shirley Rodriguez on Twitter: “Just heard @TaylorKinney111 has been nominated to be #CHRISTAINGREY #50shades. So estatic to hear this! Perfect match”



## Robert Pattinson

American Psycho author Bret Easton Ellis claimed that “E.L. James and I were at Rob Pattinson’s house when she admitted Rob was first choice for Christian.” Now’s his chance! (Ellis, by the way, votes for porn star James Deen.)



## Ryan Gosling

Not gonna happen, ever, sorry ladies. Just teasing — we thought you liked that. Now... more importantly... who’s gonna replace Dakota Johnson?



# 2 SCENE

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# Tom Hanks never misses the boat — even when it stinks

**Captain Phillips.**  
Actor endured some cramped and smelly situations



**NED EHRBAR**  
Metro World News in Hollywood

Tom Hanks has faced plenty of acting challenges over the course of his career, but the tiny, enclosed lifeboat used in Captain Phillips definitely stands out for him.

"I'm not a particularly claustrophobic person, but it was a very small space," he says. "Environmentally, it does a lot of the work for you. It's a very uncomfortable space. It smells horrible. The air is bad. It's hot. And you are right on top of each other. There's a lot of places to bonk our head and crack your knee. We all did that. Everybody had all sorts of various scars."

Hanks stars in the film as the titular Captain Phillips, whose cargo ship was famously hijacked by Somali pirates in 2009, and he insists those less-than-ideal working conditions are actually a huge help. "(Director) Paul (Greengrass) sets up an environment that is very realistic, and I can't imagine doing it any other way," Hanks says.

"There's ways that may have been more pleasant



Captain Phillips opened on Thanksgiving weekend. CONTRIBUTED

but for everything we needed to go through as actors, that tiny, hot, cramped place with only two little windows on it was a great advantage for us."

The film's crew did try their best to make the cramped environment at least a little more tolerable, but to no avail.

"At one point, they built rubber seats for some of the fight scenes," Hanks remembers, but "literally the rubber seats flapped around. So, we said, 'Guys, we don't think rubber seats are going to work.' So they took those out. We had a little bit of matting on the steel deck of the floor. But, by and large, it's a tiny space and it got pretty physical in there sometimes. We all got nicks and bruises."

But really — and Hanks can't stress this enough — the smell in the replica lifeboat was truly terrible.

"It stank horribly. It was stuffy and small," he says.

"But the actual lifeboat smells even worse because it reeks of diesel fumes, and we had some vomit in there at some point. That's always fun. It was really filthy by the time we got out of there."

While Hanks has racked

up plenty of heroic roles — with many based on true stories — he regrets to report that very little of that heroism has rubbed off.

"I'm just a guy who's got a pretty good gig pretending to be other people," he says.

"Hero" is almost like a branded term now. It's banded about all the time. People get labelled left and right. In the end, heroes are ones who voluntarily walk into the unknown and try to do the right thing. It's all relative. Everybody has variations of it. Sometimes it's death-defying and sometimes it's just living up to one's responsibility."

But then, how can Hanks get away with thinking of himself as a hero when even the guy he's playing this time out won't accept the label.

"Richard Phillips doesn't view himself a hero. He was a guy who sat there and waited for the heroes to show up, which is different," Hanks says.

"We all have times in our lives where we can either be a hero, a villain or a coward and I just hope that I'm a coward as little as possible."





Brittany Spears. ALL IMAGES GETTY

## Spears' amazing body in new video may be a HOAX

Britney Spears has been getting loads of praise for her impressive physique in the video for her new single, Work B—, but it looks like she had a little help. HOAX Films, the visual effects studio that performed some digital “cleanup” work on the video,

briefly released and then took down pre-editing images that show a slightly heavier and wider Spears than the one that appeared in the final video. After removing the images from its site, the studio's reps did not reply to a request for comment.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

*Kanye keen to wed Kim...I wouldn't trush in if I were him*



**STARGAZING**  
Malene Arpe  
scene@metronews.ca

Kanye West has reportedly been begging Kim Kardashian to get married, but she's in no hurry. Well, Kanye can take comfort in knowing that once they're finally married, she'll be in a hurry to get a divorce.

Alan Thicke says he thinks his son Robin and his son's wife Paula Patton are poised to become the new Brangelina if they'd only “adopt a few Ethiopian kids.” Coincidentally, a majority of people



think Alan Thicke could be the height of class if he'd only adopt the habit of not saying stupid bleep.

**Ben Affleck and Justin Timberlake's Runner Runner bombs.** The two performers will deal with the psychological scars as soon as they dig themselves out from under their money, Grammys, Emmys, Golden Globes and Oscars.



Justin Bieber

## Bieber plays the tough guy behind his wall of security

Justin Bieber can't seem to keep himself out of trouble. The Canadian pop star reportedly started a fight in a nightclub in Seoul, South Korea, by sucker-punching Alex Madden, the tour manager of DJ Michael Woods, according to E! News. “Story is (Bieber) and his army of heavy security muscled into the booth halfway through my set in South Korea demanding hip-hop,” Woods posted to Twitter following the alterca-

tion. “So when I told (Bieber) to f— off and put some clothes on he took a cheap shot at my tour manager and fled behind a wall of security.” Witnesses report seeing a shirtless Bieber acting “aggressive” with Woods and Madden before ordering one of his security guards to slap Madden. When the guard refused to obey, Bieber reportedly punched Madden in the face and quickly fled behind his bodyguards.

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For more information on Mickey and other adoptable furry friends, visit [www.pas.spcans.ca](http://www.pas.spcans.ca) or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or [info@pas.spcans.ca](mailto:info@pas.spcans.ca)

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Elisha Dacey

**Half Off:**  
*Live healthy  
as a default*

Six weeks ago we introduced Metro Winnipeg editor Elisha Dacey, who has teamed up with fitness professional Jordan Ciecwa and registered nutritionist Theresa Albert. Dacey wants to lose half of her body weight and has been writing about it in her online blog, *Half Off* (metronews.ca/half-off).

It's been a tough couple of weeks for Dacey — moving and getting settled in a new house, gallbladder surgery in September — so you won't be surprised to learn that her weight's been roller coasting (she gained and then lost several pounds over a few weeks). The good news: Dacey is back on track and focusing on her weight loss goal.

"I'm getting there!" she says.

Coaches Ciecwa and Albert understand it's challenging when life throws a curve ball, but point out that making healthy living a habit makes it way easier to manage.

"Learning to maintain healthy habits through stressful times is critical to long-term weight loss and maintenance — and to managing stress and feeling good every day," said Ciecwa.

Many dieters give in to stress.

"But you only get to do this when you are healthy and at a goal weight, and not before. If every stressful week lands you in that mindset, you will never get there," says Albert.

YLVA VAN BUUREN/FOR METRO

# Baby bumps and knocked-up diets

**Interview.** Hilaria Baldwin speaks to Metro about her new fitness DVD and how she lost weight after having her daughter

ROMINA  
MC GUINNESS  
life@metronews.ca

As she launches her new Prenatal Yoga DVD, *Fit Mommy-To-Be* Hilaria Baldwin talks to us about her shrinking tummy and post-baby runs.

**Many women assume you need to wait at least six weeks after giving birth before they start exercising again. You waited, what, two weeks?**

Fitness is something I've done ever since I could walk — I exercised almost every single day of my pregnancy. I walked, did yoga, ballet barre and up until the fifth month, jogged. I wanted to keep circulation in my body and never got swollen feet, ankles or legs. I obviously gained weight, but nothing extreme. There was some fat — as there should be — but I ate well.

**What kind of yoga were you doing?**

Think about what's going to prepare your body for delivery: you need a strong pelvic floor and you want the baby to travel further downwards. I did a lot of squatting, open



Hilaria Baldwin lets moms-to-be in on some fitness secrets. CONTRIBUTED

twists and hip openers — helping everything release and go down.

**Were you on some special knocked-up diet?**

It's a diet, but it's not dieting. I ate the stuff I was eating before, just more quantity. So a lot of healthy whole grains, because folic acid is great for the baby's brain development, vegetables, a lot of almonds and walnuts and I added fish to my diet — I'm normally a vegan. I wasn't chowing down on doughnuts. A lot of people were like, 'This is your time to eat sugar!' I didn't want to do that. It wasn't healthy for me or for my baby. It's not a vanity contest.

**What, so no cravings?**

I think of cravings as, 'I must have this or I'm going to kill somebody.' I never had that. At the beginning I really wanted pineapple and citrus because I was nauseous. It was, 'What can I eat that's not going to make me sick?' And I was a happy pregnant person.

**You gave birth and two weeks later, your stomach was pretty much flat! I saw a picture on Twitter.**

It's the most bizarre thing. My husband (who has a cameo in the video) and I would laugh because every day we'd wake up and it had shrunk — it was literally going down day by day. At first I was like, 'Oh my God, it's going to be six months and I'm still going to look

pregnant!' A lot of it is breast feeding — this is something I didn't know: it burns a lot of calories.

**Up to 500 a day, I think**

That's what I heard. It stimulates contractions in your uterus that help it return to its normal size. If I'm frank with you, it was the most painful part of my entire pregnancy. But at the same time, I'm looking down at my baby and she's so cute and she's starving. But I enjoy it now.

**What advice would you give those new moms who are reluctant to exercise?**

If you go little by little, you're always in control; you're not going to get hurt. Be smart, but don't be afraid. Your body is still your body. In the hospital, I started walking up and down the corridors, stretching my ankles and promoting circulation in my arms and legs. The day I got home, my husband and I went for a walk. I was surprised by how tired I was. ... It's hard! You've lost a tremendous amount of blood and you're light headed, but everyday I just felt better and better to the point where I had the guts to do more. I started by giving myself full, very slow yoga classes and by the two-week mark I went to a ballet barre class. After three weeks I went for a jog. My daughter was born five weeks ago today and at this point, I'm doing everything. Did I feel as strong as before? No. But my body told me I was OK and I could go.



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# After all that turkey, go green with an easy Chopped Salad

## Ingredients

- 2 tbsp (25 ml) PC Roasted Garlic Mayonnaise
- 2 tbsp (25 ml) red wine vinegar
- 1/4 cup (50 ml) olive oil
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) black pepper
- 1 tub (142 g) PC Organics Baby Romaine, roughly chopped
- 1 small head radicchio, roughly chopped
- Half small head iceberg lettuce, roughly chopped
- 2 cups (500 ml) rinsed and drained canned chickpeas
- 1 inner stalk celery, roughly chopped
- Half small red onion, thinly sliced
- 1 cup (250 ml) cherry tomatoes, cut in quarters
- 1/2 cup (125 ml) pitted green olives, cut in slivers
- 1/2 cup (125 ml) diced sweet red pepper
- 1/2 cup (125 ml) crumbled feta cheese



This recipe serves 12. PRESIDENT'S CHOICE

Want an easy way to contribute to a large family get-together that's healthier than grabbing some frozen apps? Try this Chopped Salad, which is made in two simple steps and uses a great combo

of veggies.

1. In a large bowl, whisk together the garlic mayonnaise and red wine vinegar. Whisk in olive oil, salt and pepper.

2. Add romaine, radicchio, iceberg lettuce, chickpeas, celery, red onion, cherry tomatoes, green olives, red pepper and feta cheese. Toss to coat.

PRESIDENT'S CHOICE

## Health Solutions

### Pear it up



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

Fall harvest is the sweetest time of the year and nothing is sweeter than a fresh pear.

The skins of pears contain three to four times as much phytonutrients as the flesh, but go ahead, eat the whole thing.

Here are a few savoury ways to work all that goodness into yum beyond the usual sweet snack:

• Toss whole, cored but unpeeled pears into butternut squash soup.

• Halve, core and grill pears. Top with blue cheese and pecans and place atop a bed of greens.

• Mash a very ripe pear in a blender with 1/4 cup extra virgin olive oil, 2 tbsp apple cider vinegar plus 1 tsp hot mustard. Use this as a salad dressing or fish drizzle.

• Add a couple of pears, skin on, to roasted root vegetables. They will soften and sweeten the dish.

• Chop pears into cooked whole grain pasta with cooked bacon or pancetta. Toss with extra virgin olive oil, pepper and parmesan cheese.

Any time you think apple, stretch a bit and go pear. You won't regret it.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



## Lunch. Arugula Salad with Prosciutto & Parmesan

### Ingredients

- 1 tbsp (15 ml) olive oil
- 3 slices prosciutto
- 1 tub (142 g) PC Organics Baby Arugula
- Half head radicchio, torn into bite-sized pieces
- 1 cup (250 ml) cherry tomatoes, halved
- 1/4 cup (50 ml) olive oil
- 2 tbsp (25 ml) balsamic vinegar
- 1/4 tsp (1 ml) salt and pepper
- 1/3 cup (75 ml) shaved Parmigiano Reggiano

Arugula's peppery bite marries perfectly with radicchio's bitterness in this Italian-inspired salad.

It makes a great lunch option or a side dish for an Italian meal.

1. In a nonstick frying pan heat 1 tbsp (15 ml) of olive

oil over medium heat; cook prosciutto slices for 2 to 3 minutes per side or until browned and crisp. Drain on paper towel. Tear into large pieces and set aside.

2. In a large bowl, toss together arugula, radicchio and cherry tomatoes.

3. In a small bowl, whisk together 1/4 cup (50 ml) olive oil, balsamic vinegar, salt and pepper; pour over arugula mixture and toss to coat. Transfer to serving platter. Top with prosciutto and Parmigiano.

PRESIDENT'S CHOICE



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# And here's your moment of Zen

## Meditative moments.

The author of *Walk Like a Buddha* describes how a sense of being present can improve your relationships, social life and work

**MAJA LUNDAGER PEDERSEN**

Metro World News in New York City

Take a posture that's dignified but relaxed: Sit up straight, and feel grounded as you sense your weight pressing into the floor.

Now connect with your breath. Tune into the rhythmic cycle of your breathing and let that breath centre you in the present moment. When you get distracted, say "thinking" to yourself and come back to the breath. You are now ready to start walking like a Buddha.

Lodro Rinzler, the author of a new book called *Walk Like a Buddha*, has been practising Buddhism since he



Author Lodro Rinzler says if you start taking even 10 minutes to meditate, you'll notice a gradual change in yourself. iStock

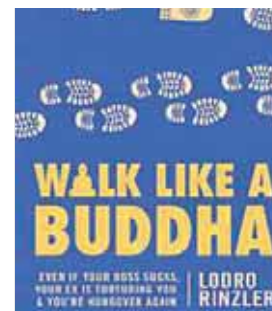
was 11, and says his book is a compilation of questions people have asked him about his faith.

"The Buddha walks with a sense of being present with what is," Rinzler says. "And that's what the book com-

municates. How much can we show up and manifest and be there for our life? Even when our boss is yelling at us, even when we are making love, even when we are out with friends on a Friday night."

The questions revolve

around five points: How to get a meditation practice going, and how to apply that practice to your romantic life, your social activities, your charitable endeavours and your work. Rinzler said he looked for "common themes" when



choosing which questions to feature.

One statement the author was particularly struck by was, "I don't feel worthy of being loved." He says that based on his experience, that feeling most often originates with something underlying — that the person has been told he or she is not good enough, smart enough, pretty enough and so on. Rinzler feels that it's a general issue in North America, but that meditation can help.

"We all possess the same seed for waking up, becoming in mind like the Buddha. He

was not so special. We could do that too. We could have faith in a basic goodness or a basic worthiness," Rinzler says.

The author thinks it's worth a try to see if meditation can change something for you. If it doesn't, though, that's OK too.

"More often than not, if you actually do sit down (and take) even just 10 minutes to meditate, you start to notice a gradual change in yourself," he says. "You start to notice that you are being more present when you are having a conversation with someone. You are less reactive. And that feels liberating."

It helped him a lot, especially when his father became ill. Through meditation he realized that the most powerful thing he could do was to just be present for his father instead of constantly trying to talk to all the doctors and fix all situations.

"The question is, do we always have to try to manipulate and control our situation? And the answer is no."

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porter





Electronic outages such as an Internet shutdown could wreak havoc on financial transactions, which is why it's important to keep a hard-copy backup of important information. ISTOCK

# Mad at Rogers? Here's what the cell outage can teach us

**Blackout blues.** Getting cash, paying bills and trading stocks can all be interrupted when electronic systems fail



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

Oct. 9, 2013 will go down as the day the world went dark — at least for Rogers wireless customers. OK, maybe that's a bit melodramatic. After all, what are a few hours without cell service?

But as my mother would say dully, "It's the thin edge of the wedge."

Take the Rogers outage as a warning that electronic systems, from ATMs to email, can fail. And when they do,

the repercussions are annoying at the very least, but in some cases, they're potentially significant.

An Internet shutdown could delay bill payments, triggering penalties or interest charges. Without e-banking, you might not be able to complete a time-sensitive transfer of funds.

And what would happen to last-minute types who couldn't make an RRSP contribution in time?

I kissed thousands of dollars goodbye during the stock market Flash Crash of 2010 when the Dow Jones plummeted about 1,000 points.

I was in Washington, D.C., and dashed to my computer to buy shares of favourites such as Johnson & Johnson, but couldn't remember my trading password. Gmail had seized up, so I couldn't get into Drive, where the information was stored in encrypted form.

## Down the drain

I kissed thousands of dollars goodbye during the stock market Flash Crash of 2010, when the Dow Jones plummeted about 1,000 points.

Then, of course, there was the famous blackout of 2003 when the simplest activities from getting cash to gas were impossible. So a word to the wise — be prepared.

## Back up critical numbers

Roadside assistance and other important numbers should be in written form and carried with you.

## Schedule payments

Have a hard-copy schedule of bills due, phone contacts and personal ID information.

## Keep a cache of cash

Have enough for a household to manage for about a week, including gas and groceries.

## Back up personal info

Cloud computing makes it easy to relegate data to the cyber sphere. Ensure there's a hard copy available.

## Create a backup plan

The day after the Rogers outage, a parent told me that his nine-year-old son was panicked when no one picked him up after hockey practice. Because his cellphone wasn't working he couldn't contact anyone.

Also, he had no cash, no idea how to use a pay phone or how to ask for help. Drill children on what to do in case of a cyber crash. It might be as important these days as a fire drill.



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\*Based on \$12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of \$3200 @ 19% per annum with monthly payment of \$150/month, and \$1000 @ 25% per annum with monthly payment of \$100 and loan of \$8000 with 3 year term @ 9% per annum with monthly payment of \$265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ©/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.





## MacKinnon finds back of net in game No. 5

Nathan MacKinnon has his first NHL goal. The 18-year-old Cole Harbour hockey standout and former star of the Halifax Mooseheads scored on the power play Saturday night against the host Washington Capitals for his first goal of the season in his fifth NHL game. After he scored, MacKinnon celebrated by skating to the corner and jumping into the glass. "Honestly, I kind of blacked out there," MacKinnon told NHL.com when describing the goal and subsequent celebration. "There was so much excitement." NICK WASS/THE ASSOCIATED PRESS

# Moose looking to turn the corner

### Impressive weekend.

After pushing unbeaten Armada to edge, Halifax scores dominating victory over Saint John



**ANDREW RANKIN**  
andrew.rankin@metronews.ca

If this past weekend is any indication, the Halifax Mooseheads may have found their groove.

Playing without Jonathan Drouin as well as their captain Trey Lewis — both due to injury — the Mooseheads looked poised to hand the Blainville-Boisbriand Armada their first loss of the season after mounting a two-goal, third-period comeback at the Metro Centre on Friday night.

Though the visitors ended the threat in heartbreaking

### Starting to come together



**"It was great team effort, and any time you don't give up goals against it's a sign you have strong goaltending and you're playing as a team."**

Mooseheads forward Darcy Ashley on Saturday's shut-out win.

fashion with a short-handed marker with just over a minute left in regulation, the Mooseheads more than held their own against the Canadian Hockey League's No. 1 ranked team in a 4-3 loss.

"We showed what kind of a team we are," said Mooseheads forward Ryan Falkenham after the game. "We just came up short tonight. We'll bounce back."

They did that Saturday, playing perhaps their finest game of the season against the Saint John Sea Dogs.

The Mooseheads opened

the scoring just under eight minutes into the contest and dictated the play virtually all game long, outshooting the visitors 37-21 en route to a 3-0 victory.

Over the weekend, the Mooseheads welcomed back 20-year-old sniper Darcy Ashley, who was out since the beginning of the season with a hand injury. Beyond his goal and an assist against the Sea Dogs, the league's reigning hardest-working player looked solid in whatever game situation he was placed in while providing an obvious

### Injury report

Jonathan Drouin is listed as day-to-day for the Halifax Mooseheads with a minor groin injury, while Trey Lewis is out indefinitely with a labral tear in his hip.

emotional boost to the club.

"We have a big homestand coming up, and we want to establish our game at home and then we're determined to take it on the road," said Darcy after Saturday's victory.

Another positive sign for the Mooseheads was the play of backup Kevin Darveau, who made 21 saves in his shutout victory against Saint John.

The Mooseheads will look to improve on their 7-6 record on Tuesday when they host the Cape Breton Screaming Eagles at the Metro Centre at 7 p.m.

### Drug testing

## WADA set to audit Jamaican agency

The world's anti-doping authority is launching an "extraordinary" audit of Jamaica's drug-testing agency following allegations that its policing of the island's sprinting superstars led by Usain Bolt all but collapsed in the months before they dazzled at the London Games, The Associated Press has learned.

The World Anti-Doping Agency's probe follows data the former executive director of the Jamaica Anti-Doping Commission revealed to the Caribbean's oldest newspaper indicating a near complete breakdown in JADCO's out-of-competition testing from January 2012 to the July opening of the Olympics.

THE ASSOCIATED PRESS

### CFL

## Ford steers Blue Bombers past Als

Will Ford caught a touchdown pass and ran in another as the Winnipeg Blue Bombers (3-12) kept their slim CFL playoff hopes alive with a 34-27 victory over the Montreal Alouettes (6-9) on Monday afternoon.

THE CANADIAN PRESS

### CFL

## Ticats take two in a row from Argos

Dan LeFevour ran for two TDs while C.J. Gable rushed for one as the Hamilton Tiger-Cats held on to beat the Toronto Argonauts 24-18 on Monday to sweep their home-and-home series.

THE CANADIAN PRESS



**Will Ford, left, celebrates scoring a touchdown with teammate Michel-Pierre Pontbriand.**

THE CANADIAN PRESS



# Dodgers climb back into NLCS with win at home

**MLB playoffs.** Ryu outduels Wainwright as Los Angeles avoids 3-0 series deficit

Hyun-jin Ryu outpitched Adam Wainwright with seven innings of three-hit ball, Adrian Gonzalez's RBI double ended a 1-for-17 drought for the Dodgers with runners in scoring position, and Los Angeles got back into the NL championship series with a 3-0 victory over the St. Louis Cardinals on Monday night.

Yasiel Puig and Hanley Ramirez also had run-scoring hits for the Dodgers, who trail the best-of-seven series 2-1. Game 4 is Tuesday at Dodger Stadium, followed by Game 5 on Wednesday.



The Dodgers' Yasiel Puig celebrates after hitting a run-scoring triple.  
CHRIS CARLSON/THE ASSOCIATED PRESS

Retired Dodgers manager Tommy Lasorda, whose 1988 team won the franchise's last World Series, stood up and

waved his white rally towel in the eighth to raucous applause.

Los Angeles got Ramirez and centre fielder Andre Ethier back in the lineup after both proved in batting practice they were healthy enough to play. Ramirez wore a lightweight flak jacket to protect his broken left rib — having been hit by a pitch from Joe Kelly in Game 1 — while Ethier has been bothered by shin splints.

Ramirez singled his first time up off Wainwright and then helped the Dodgers extend their lead to 3-0 in the eighth.

Ramirez hit a soft single off Seth Maness over the head of new second baseman Kolten Wong to score Carl Crawford.

On a close play at the plate, Crawford barely beat the tag by catcher Yadier Molina.

THE ASSOCIATED PRESS



## Down on their Luck

Indianapolis Colts quarterback Andrew Luck is hit from both sides by San Diego Chargers inside linebacker Manti Te'o, right, and defensive end Corey Liuget on Monday in San Diego. Philip Rivers threw a 22-yard touchdown pass to rookie Keenan Allen and Nick Novak kicked four field goals for the Chargers in a 19-9 win. LENNY IGNEZLI/THE ASSOCIATED PRESS

NFL

## Injured Packers fill injury list after Baltimore battle

The Green Bay Packers' injury list keeps on growing. Coach Mike McCarthy knew about the injuries sustained by wide receivers Randall Cobb and James Jones during Sunday's victory at Baltimore.

But he didn't learn until Monday morning that starting outside linebacker Nick Perry had suffered a foot injury that will sideline him at least for this week and likely longer.

"Nick Perry was a bit of a surprise to me. I didn't expect that," McCarthy said, one day after his team overcame injuries in a 19-17 victory over the Ravens.

"Obviously James and Randall, (we) saw the injuries in the game. You just hope for good news there."

McCarthy would not divulge any specifics of the injuries. Perry's injury was termed a foot injury, Jones's a leg injury and Cobb's a knee injury.

THE ASSOCIATED PRESS

## NHL

### EASTERN CONFERENCE

#### ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Toronto	6	5	1	0	23	15	10
Detroit	6	4	2	0	16	15	8
Boston	5	3	2	0	12	8	6
Montreal	5	3	2	0	17	10	6
Tampa Bay	5	3	2	0	18	14	6
Ottawa	5	1	2	2	11	16	4
Florida	6	2	4	0	13	24	4
Buffalo	7	0	6	1	7	18	1

#### METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	5	4	1	0	20	13	8
Carolina	6	2	2	2	13	18	6
NY Islanders	5	2	2	1	16	13	5
Columbus	4	2	2	0	11	10	4
Washington	6	2	4	0	17	22	4
New Jersey	6	0	3	3	11	21	3
NY Rangers	5	1	4	0	9	25	2
Philadelphia	6	1	5	0	8	17	2

#### Monday's results

Detroit 3 Boston 2  
Washington 4 Edmonton 2  
Minnesota 2 Buffalo 1  
Sunday's results  
Phoenix 5 Carolina 3  
Los Angeles 3 Florida 0  
Winnipeg 3 New Jersey 0  
Anaheim 4 Ottawa 1  
Tuesday's games — All Times Eastern  
Minnesota at Toronto, 7 p.m.

### WESTERN CONFERENCE

#### CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	5	5	0	0	18	4	10
St. Louis	4	4	0	0	19	7	8
Minnesota	6	3	1	2	16	13	8
Chicago	5	3	1	1	15	13	7
Winnipeg	6	3	3	0	17	16	6
Dallas	4	2	2	0	9	11	4
Nashville	5	2	3	0	9	15	4

#### PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	5	5	0	0	24	7	10
Anaheim	5	4	1	0	18	12	8
Calgary	5	3	0	2	18	17	8
Phoenix	6	4	2	0	17	17	8
Los Angeles	6	4	2	0	16	14	8
Vancouver	6	3	3	0	17	20	6
Edmonton	6	1	4	1	19	29	3

Note: Two points for a win, one point for overtime loss.

Chicago at Carolina, 7 p.m.  
Vancouver at Philadelphia, 7 p.m.  
Edmonton at Pittsburgh, 7 p.m.  
Buffalo at NY Islanders, 7 p.m.  
Los Angeles at Tampa Bay, 7:30 p.m.  
Florida at Nashville, 8 p.m.  
Montreal at Winnipeg, 8 p.m.  
Columbus at Detroit, 8 p.m.  
San Jose at St. Louis, 8 p.m.  
Dallas at Colorado, 9 p.m.  
Ottawa at Phoenix, 10 p.m.

## CFL

### WEEK 16

#### EAST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Toronto	15	9	6	0	425	394	18
x-Hamilton	15	8	7	0	384	401	16
Montreal	15	6	9	0	376	419	12
Winnipeg	15	3	12	0	313	486	6

#### WEST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Calgary	15	12	3	0	486	349	24
x-Saskatchewan	15	10	5	0	433	325	20
x-B.C.	15	9	6	0	421	390	18
Edmonton	15	3	12	0	349	423	6

#### Monday's results

Winnipeg 34 Montreal 27  
Hamilton 24 Toronto 18  
Friday's game — All Times Eastern  
Calgary at Edmonton, 9 p.m.

## MLS

### EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
New York	15	9	8	50	39	53
Kansas City	15	10	7	44	29	52
Houston	13	10	9	39	37	48
Montreal	13	11	7	48	46	46
Chicago	13	12	7	44	47	46
Philadelphia	12	10	10	40	46	46
New England	12	11	9	45	36	45
Columbus	12	15	5	40	42	41
Toronto FC	5	16	11	29	46	16
D.C. United	3	22	7	21	56	16

### WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Portland	13	5	14	49	33	53
Real Salt Lake	15	10	7	55	40	52
Seattle	15	11	6	41	39	51
Los Angeles	14	11	6	51	37	48
Colorado	13	10	9	42	33	48
San Jose	13	11	8	33	41	47
Vancouver	12	11	9	48	42	45
FC Dallas	10	11	11	45	50	41
Chivas USA	6	18	8	29	60	26

#### Sunday's result

Portland 1 Seattle 0  
Wednesday's game — All Times Eastern  
Montreal at Los Angeles, 10:30 p.m.  
Friday's game  
D.C. United at Kansas City, 8 p.m.

## MLB PLAYOFFS

### ALCS

#### BOSTON VS. DETROIT

(Series tied 1-1)

#### Sunday's result

Boston 6 Detroit 5

#### Tuesday's game — All Times Eastetrm

Boston (Lackey 10-13) at Detroit (Verlander 13-12), 4:07 p.m.

#### Wednesday's game

Boston (Peavy 12-5) at Detroit (Fister 14-9), 8:07 p.m.

#### Thursday's game

Boston (Lester 15-8) at Detroit (Sanchez 14-8), 8:07 p.m.

### NLCS

#### ST. LOUIS VS. L.A. DODGERS

(St. Louis leads series 2-1)

#### Monday's result

L.A. Dodgers 3 St. Louis 0

#### Saturday's result

St. Louis 1 L.A. Dodgers 0

#### Tuesday's game

St. Louis (Lynn 15-10) at L.A. Dodgers (Nolasco 13-11), 8:07 p.m.

#### Wednesday's game

St. Louis (Kelly 10-5) at L.A. Dodgers (Greinke 15-4), 4:07 p.m.

#### Friday's game

x-L.A. Dodgers (Kershaw 16-9) at St. Louis (Wacha 4-1), 8:37 p.m.

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# Ovie & co. capitalize on porous Oilers D

**NHL.** Washington ends losing streak at three games with three-goal second period

Capitals coach Adam Oates took a different approach after his team's third straight loss.

Instead of dwelling on the negative, Oates focused on what was good about the club's recent play.

It worked.

One day after Oates's positive power talk during practice, the Capitals scored three goals in less than four minutes of the second period en route to a 4-2 win over the Edmonton Oilers on Monday night.

Joel Ward, Alex Ovechkin and Troy Brouwer scored 3:55 apart — including two power-play goals — and Washington was on its way to snapping its skid.

"We feel confidence here. Of course we were kind of upset about the beginning of the year," Ovechkin said. "We

On Monday	
4	2
Capitals	Oilers

win only one game."

Ovechkin scored his sixth goal and added an assist in the outburst. Nicklas Backstrom assisted on all three goals for Washington (2-4).

"Finally, we get the lead and we play with the lead like most of the game," Ovechkin said.

The Capitals scored four times on 20 shots against Edmonton goalie Jason LaBarbera. The Oilers have given up at least four goals in each of their six games.

The Oilers (1-4-1) have four games left on their season-high six-game road trip.

Boyd Gordon and Will Acton, with the first of his NHL career, scored for Edmonton.

THE ASSOCIATED PRESS



The Capitals' Brooks Laich, right, celebrates scoring a goal against the Oilers with Mikhail Grabovski on Monday in Washington, D.C. GREG Fiume/GETTY IMAGES

## Canadian soccer. Veteran coach Floro to change the course of national team

Far from home, Canadian soccer is getting a reboot under Benito Floro.

Long, demanding classroom sessions. Detailed video reviews.

"One camp is equivalent to three months of club football," said veteran midfielder Julian de Guzman, who captained Canada last time out.

Floro, 61, brings with him a wealth of experience, having managed clubs from Real Madrid in Spain to Monterrey in Mexico. He's trying to instill that knowledge in a Canadian squad that has seen little success of late.

Floro says he needs a lot more time with his Canadian talent, especially since a lot of the young Canadians in MLS are not starting.

"We need a lot of camps," he said in a media conference call Monday.

Floro's teachings also take time to absorb.

"The experience that we're going through with Benito is kind of a culture shock right now," said de Guzman.

"It's a new kind of mentality and culture to comprehend,"



Team Canada manager Benito Floro  
THE CANADIAN PRESS FILE

he added.

De Guzman says it reminds him of when he first went to play in Spain at the age of 24 after playing in Germany.

"It was night and day," he said. "So it's going to take time for the Canadian national team and Canadians to understand where he's coming from."

The veteran Spanish coach will see his team in action Tuesday when Canada, ranked No. 106 in the world, takes on No. 53 Australia at Craven Cottage, the west London home to Fulham. THE CANADIAN PRESS

### Quoted

"It goes back to the adage of every moment in the game is important. For three minutes we went backward, and it cost us the game."

Oilers coach Dallas Eakins on the span in which the Capitals scored three goals.

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October 15

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## Horoscopes

### Aries

March 21 - April 20

Some of the things you have to do today may seem dull but there are ways to make them more interesting. There is no such thing as a boring job. It's as exciting as you make it.

### Taurus

April 21 - May 21

There is a genuine chance that one of your most cherished dreams will come true by the end of the week. Be super positive about it and don't listen to those who tell you not to get your hopes too high.

### Gemini

May 22 - June 21

You will find it easier to understand why some people act the way they do but you won't find it easier to forgive them. You demand certain standards so others need to shape up or ship out.

### Cancer

June 22 - July 23

You may have to make a sacrifice today but it will be worth it. Do what others expect of you and, if possible, with a smile on your face. Make life easy for others and for yourself.

### Leo

July 24 - Aug. 23

Life may be a serious business but you don't have to be a grouch about it. The planets urge you to focus on the funny side of whatever annoying situation you find yourself in.

### Virgo

Aug. 24 - Sept. 23

Mars, planet of energy, moves into your sign today, so you will be pushing yourself even harder than you usually do. That's great but be warned that if you try to do too much too soon, it could all go wrong.

### Libra

Sept. 24 - Oct. 23

Why are you looking over your shoulder? Most likely it's the influence of Mars in the most sensitive area of your chart. Ignore it and go about your business.

### Scorpio

Oct. 24 - Nov. 22

You can expect amazing times in the days and weeks ahead. You may not want to do anything specific yet but start making plans. Get your friends involved. The more you share, the more you will succeed.

### Sagittarius

Nov. 23 - Dec. 21

The movement of Mars across the most ambitious angle of your chart today will help you to believe that all things are possible. However, you must have a clear vision of what it is you want to achieve.

### Capricorn

Dec. 22 - Jan. 20

What currently seems difficult is about to come easy. It may even appear to happen as if by magic. The more positive an attitude you adopt, the more fantastic the results will be.

### Aquarius

Jan. 21 - Feb. 19

It's not like you to fear what you don't understand but that seems to be the case right now. How do you overcome it? By finding out as much about it as you possibly can.

### Pisces

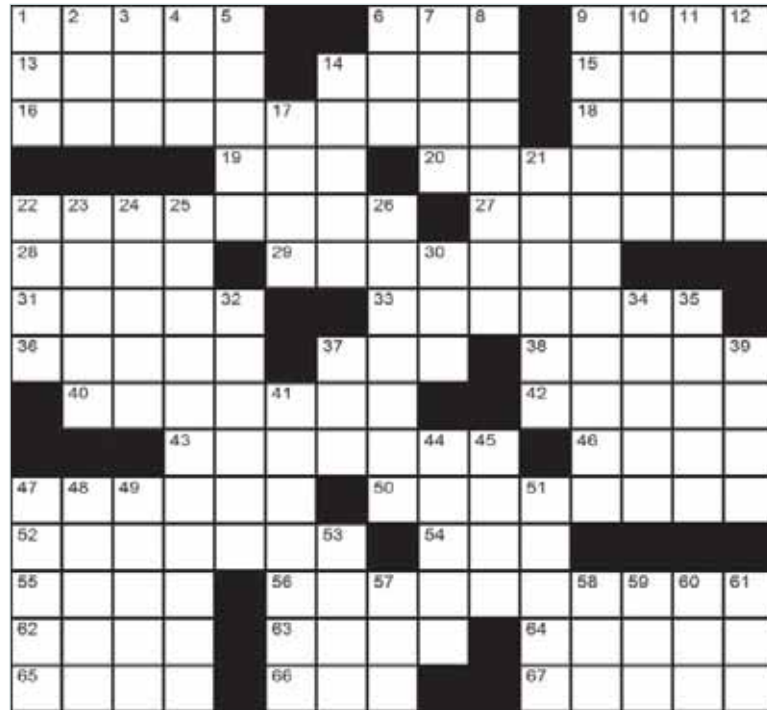
Feb. 20 - March 20

As Mars moves into your opposite sign, you will find some people rub you the wrong way and it could lead to a few bad words between you. Even a Pisces gets snappish once in a while. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

- News station on "The Mary Tyler Moore Show"
- Dictionary abbr.
- Shut down
- Eagle's nest [var. sp.]
- Sacred Buddhist peak
- Bright fish
- Mercedes-Benzes: 2 wds.
- 'Motor' suffix
- Buck's partner
- In a dangerous manner
- Son, as in The Bible
- In layers
- River of England
- Pained: 2 wds.
- Supermodel Ms. Nemcova
- Hostilities
- Family of lambs
- After-R trio
- '60s song: "Shake \_\_\_ Feather"
- Gilda Radner character from SNL, Lisa \_\_\_
- Wild dog of Australia
- Most tidy
- Egg holders, for short
- Actor Mr. Wood
- Yukon: \_\_\_ Trail National Historic Site of Canada
- Labradorite = Feldspar \_\_\_



- Am \_\_\_ brother's keeper?"
- \_\_\_Seltzer
- Stories about Vikings, for example: 2 wds.
- Valley variety
- Mr. Wyle
- The end.
- Director Mr. Pol-

- lack, et al.
- Classic TV Cousin
- '50s group, Frankie \_\_\_ & The Teenagers

### Down

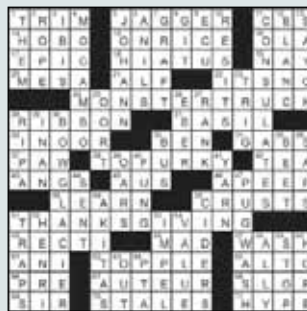
- \_\_\_-Mart
- Game: French

- Mystery man, \_\_\_
- Ancient war god
- Rigoletto opera composer
- Org. for US physicians
- Author, Earl \_\_\_ Biggers
- Tourist
- Duncan, BC's huge

- Douglas Fir created attraction: 2 wds.
- Bit of "Send in the Clowns": "Are we \_\_\_?"
- Soup scooper
- We'd opposite
- Pacific place
- Mr. Bear
- Irish songstress

- Ms. O'Connor
- Bursts balloons
- "The Fisher King" (1991) Oscar-winner Mercedes
- Prefix with 'arthritis'
- Item from her mom's fashion line that Beyonce is wearing in "Single Ladies": 2 wds.
- French artist, Henri de Toulouse-\_\_\_ (b.1864 - d.1901)
- Wildebess
- Materialize
- So much, in music
- "\_\_\_ 'the Times'" by Prince
- Fixed
- Confused
- NWT: \_\_\_ National Park Reserve
- \_\_\_ kebab
- Clock purpose
- Online publications, e.g.
- Canadian actress, Evangeline \_\_\_
- Signed, as a deal
- Disinfectant brand
- Swag
- Rodent
- "Judging \_\_\_"
- Ring rock
- Back then
- Francisco's friend?

## Friday's Crossword

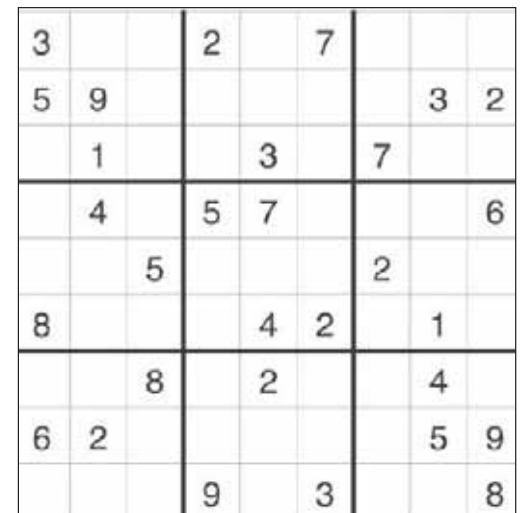


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Friday's Sudoku



**Today**

16°/6°  
Variable

**Wednesday**

15°/13°  
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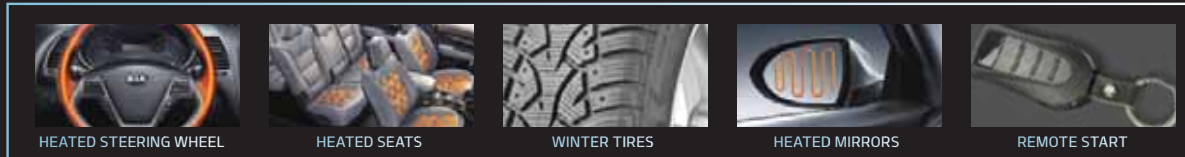
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